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Apple  
Recipes



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# *APPLES at any meal*

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## *Scalloped Apples*

Pare, core, and slice tart, firm apples. Place a layer of the sliced apples in a baking dish, sprinkle with sugar, and dot with butter. Put in another layer of apples and press down, add more seasoning, and keep on until the dish is heaping full. Cover and cook slowly for about 1 hour in a moderate oven. Then remove the cover, spread buttered bread crumbs over the top, and return to the oven to brown the crumbs. The apples will be in whole pieces, almost transparent, and some kinds will be pink in color. Scalloped apples are especially good served hot with the main course of a meal.

## *Applesauce*

Wash, pare, quarter, and core the apples; or leave the skins on if the sauce is to be put through a colander. Cook the apples until soft in a covered pan, using just enough water to keep them from scorching. Put the sauce through a colander, or stir until smooth. Sweeten to taste, and add a few grains of salt.

Flavor may be varied by adding lemon juice or spices, such as cinnamon or cloves. Nutmeg should be used only in applesauce which is to be eaten at once, for it is likely to make the flavor bitter on standing.

## *Baked Apples*

Wash the apples and core them without cutting through the blossom end. Place the apples in a baking dish; fill the holes with sugar and butter, and raisins, if desired. Add just enough water to keep the apples from sticking, and cover the dish. Bake in a hot oven until the apples are soft. Serve baked apples hot or cold, with or without cream.

## *Glazed Apple Rings*

Cook together 1 cup of water, 1 cup of sugar, and one-eighth teaspoon of salt for about 10 minutes and add 2 tablespoons of butter. Wash, core, and pare four large, tart, firm apples, and cut crosswise into three or four thick slices. Place the apple rings in a single layer in a buttered, shallow pan. Pour the hot sirup over the apple rings, cover, and cook slowly in a moderate oven (350° F.) until tender. Remove the cover from the pan, continue to cook until the sirup becomes thick and slightly browned, and turn the apples occasionally. Serve the glazed apple rings hot with the main course of a meal or chill them and serve as a relish with cold cuts of meat or with cheese.

## *Apple Compote*

Select firm apples, pare, and slice, or core and leave whole. Cook slowly until tender in a sirup made of equal parts sugar and water with a few grains of salt added. Chill and serve garnished with mint jelly, or grated coconut, or chopped nuts.



# APPLES *with meat*

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## *Fried Apples and Bacon*

Pare tart apples, and cut into cubes to make about 2 quarts. Fry bacon in a heavy skillet and when crisp, drain on absorbent paper, and keep in a warm place. Leave about 4 tablespoons of bacon fat in the skillet, fill it with the apples, sprinkle on one-fourth cup of sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will keep their shape, and let them brown and become transparent. Serve on a hot platter with the bacon. If desired, use thin slices of ham or salt pork, or sausage.

## *Stuffed Pork Chops with Apples*

3 tart red apples	1 tablespoon minced onion
6 rib pork chops, 1½ inches thick	Few sprigs parsley, chopped
1 cup fine dry bread crumbs	⅛ teaspoon savory seasoning
¼ cup chopped celery	Salt and pepper to taste
1 tablespoon fat	

For the stuffing cook the celery, onion, and parsley in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed. Cut a pocket in each chop by slicing from the outer edge toward the bone. Sprinkle the chops with salt and pepper and rub lightly with flour. Sear the chops in a hot skillet. Then fill each chop with stuffing and skewer the edges together with toothpicks. Lay the stuffed chops on a rack in a baking dish or pan with cover. On the top of each chop, place cut side down, one-half of an apple which has been cored but not pared. Cover, and bake in a moderate oven (350° to 375° F.) for about 45 minutes, or until the meat is tender. Lift the chops and apples together from the baking dish onto a hot platter, remove the toothpick skewers, and serve at once.

## *Apple Stuffing*

5 tart apples, diced	¼ cup chopped parsley
¼ cup diced salt pork	½ cup sugar
½ cup chopped celery	2 cups fine dry bread crumbs
½ cup chopped onion	

Fry the salt pork until crisp, and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces of apples are candied. Add the other ingredients to the apples. Pile the hot stuffing between pairs of spareribs, skewer them together, and bake. Or use in stuffing boned shoulder of fresh pork or roast duck.



# *APPLES with vegetables*

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## *Scalloped Apples and Sweetpotatoes*

4 medium-sized apples, pared and cored	$\frac{1}{2}$ cup sugar $\frac{1}{2}$ teaspoon salt
3 medium-sized sweetpotatoes	3 tablespoons butter or other fat

Cook the sweetpotatoes in boiling water until tender; cool, and skin. Slice the sweetpotatoes and apples and place in alternate layers in a greased baking dish. Sprinkle each layer with sugar and salt, and dot with butter. Add a little water and bake for 30 to 45 minutes, or until the apples are soft and the top layer is brown. Serve in the baking dish.

## *Scalloped Apples and Cabbage*

1 quart tart sliced apples	1 teaspoon sugar
2 quarts shredded cabbage	2 to 4 tablespoons fat
2 teaspoons salt	1 cup buttered bread crumbs

In a greased baking dish place alternate layers of the apples and cabbage, seasoning each with salt and fat and sprinkling the sugar on the apples. Over the last layer spread the buttered crumbs. Cover, and bake in a moderate oven for 45 minutes, or until the cabbage and apples are tender. Toward the last remove the cover so the crumbs can brown. Serve in the baking dish.

## *Fried Apples and Carrots*

6 tart apples	1 tablespoon sugar
6 medium-sized carrots	$\frac{1}{4}$ teaspoon salt
2 tablespoons fat	

Pare the apples or leave the skins on, as preferred, core, and slice about a fourth of an inch thick. Scrape the carrots and cut lengthwise into thin slices. Place a single layer of the apples and the carrots in a large skillet with the fat, cover tightly, and cook until well browned, turn, and brown on the other side. Just before the cooking is finished, sprinkle with the sugar and salt. Serve on a hot platter in layers with the apples on top.

## *Fried Apples and Onions*

1 quart sliced tart apples	1 tablespoon sugar
3 tablespoons fat	$\frac{1}{4}$ teaspoon salt
1 pint sliced onions	

Melt the fat in a heavy skillet, add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the sugar and salt over the apples and onions, and continue the cooking until they are lightly browned. Serve at once.





# APPLES in salads

## *Blushing Apple Salad*

Select firm, tart apples, pare, and core. Cook in a covered pan in sirup made in the proportion of 2 cups of water and 1 cup of sugar. Use enough sirup to cover the apples and add enough red cinnamon candies to make the apples rose color. Drain the apples, chill, and fill with cottage or cream cheese. Or form the cheese into balls, roll in ground nuts, and place beside the apples. Serve on lettuce with mayonnaise or French dressing.

## *Waldorf Salad*

Dice tart apples with the red skins left on, and combine with chopped celery and chopped nuts (hickory nuts, pecans, boiled chestnuts, or blanched almonds). Add enough mayonnaise or cream dressing to moisten. Serve at once on crisp lettuce or other salad greens. If using walnuts, it is better to sprinkle the nuts on top of the salad just before serving, as the nut skins tend to darken the fruit.

## *Apple and Cabbage Salad*

Dice tart red-skinned apples and combine with about equal quantities of finely shredded cabbage. Mix with salad dressing. Cream dressing seasoned with grated horseradish goes especially well with this combination. Serve at once on cabbage leaves.

## *Fruit Salad*

Diced apples, especially with the red skins left on, are excellent in many kinds of fruit salads. The apples give the crisp texture often needed, particularly with canned fruits.

## *Cider Gelatin Salad*

2½ cups clear cider	¼ teaspoon salt
2 tablespoons gelatin	1 tablespoon finely chopped
1 cup chopped apples	parsley or green pepper
½ cup finely chopped celery	¼ cup chopped nuts

Soak the gelatin in one-half cup of the cold cider. Heat the remainder of the cider to the boiling point, pour into the gelatin, stir until dissolved, strain, and chill. When the gelatin mixture begins to set, stir in the other ingredients, and pour into individual molds, which have been rinsed in cold water. When set turn out on lettuce or cress and serve with French or mayonnaise dressing.

Crackers sprinkled with grated cheese and toasted go especially well with apple salads.



# APPLES in pastry

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## *Apple Pie*

4 to 6 tart apples	$\frac{1}{4}$ teaspoon cinnamon
Pastry	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	2 tablespoons butter

Pare, core, and slice the apples. Line a deep pie pan with pastry, spread a layer of apples over the bottom, sprinkle with a mixture of the sugar, cinnamon, and salt, dot with butter, and repeat until all are used.

Add the top sheet of pastry. Bake in a moderately hot oven (400° F.) for 10 minutes, lower the temperature to more moderate heat (375° F.), and continue the baking for 30 to 35 minutes, or until the apples are tender and the crust is golden brown.

## *Apple Pie with Melted Cheese*

After an apple pie is baked, cover the top with American cheese cut into thin slices or grated, and put in a very moderate oven (300° to 325° F.) until the cheese is melted. Serve at once while the cheese is warm. Either a freshly baked or a cold pie may be prepared in this way.

## *Apple Turnovers*

Roll out pastry dough into rounds about the size of a large saucer. On one-half of the pastry round, arrange layers of thinly sliced apples, sprinkle with a mixture of sugar, cinnamon, and a little salt, and dot with butter. Moisten the lower rim of the pastry, bring the other part over it, press the two edges firmly together with the tines of a fork, and prick the top crust so the steam can escape. Bake in a moderately hot oven (375° to 400° F.) for about 20 minutes, or until the apples are tender.

## *Apple Dumplings*

Roll out pastry dough in rounds about the size of fruit plates. In the center of each, place a pared and cored apple. Sprinkle the apple with a mixture of sugar, cinnamon, and a few grains of salt, and dot with butter. Lift the edges of the dough and press together. Bake in greased muffin tins in a moderate oven (350° to 375° F.) for 30 minutes. Serve hot with hard or liquid sauce.

## *Apple Tarts*

Bake tart shells on inverted muffin pans, and just before serving fill with well-seasoned applesauce. If desired, add a spoonful of whipped cream and sprinkle with cinnamon or nutmeg or chopped nuts or candied ginger root.





# APPLES in cake and candy

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## Apple Upside-Down Cake

$\frac{1}{4}$ cup butter or other fat	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
1 egg	2 to 4 firm-fleshed apples
1 teaspoon vanilla	2 teaspoons cinnamon mixed with $\frac{1}{4}$ cup sugar
$1\frac{1}{2}$ cups sifted soft-wheat flour	
2 teaspoons baking powder	

Cream the fat, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together and add alternately with the milk to the first mixture. Spread a thick coating of fat on the bottom and sides of a glass baking dish or a very heavy pan. Pare, quarter, and slice the apples thin, spread in an overlapping layer on the bottom of the baking dish, and sprinkle with the cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake in a very moderate oven (300° to 325° F.) for 45 minutes. Loosen the sides of the cake, turn it out carefully, upside down, and the top will be covered with a neat layer of transparent apples. Serve hot with hard sauce or whipped cream.

## Applesauce Cake

$\frac{1}{2}$ cup fat	$2\frac{1}{2}$ cups sifted flour
1 cup sugar	$\frac{1}{2}$ teaspoon cloves
1 cup unsweetened, thick, smooth applesauce	$\frac{1}{2}$ teaspoon cinnamon
1 teaspoon soda	$\frac{1}{4}$ teaspoon nutmeg
1 cup chopped raisins	$\frac{1}{2}$ teaspoon salt

Cream the fat and sugar together, add the applesauce. Mix the raisins with one-half cup of the flour, sift the rest with the spices, soda, and salt, and add the dry ingredients to the liquid mixture. Beat well, pour into a greased pan, and bake in a very moderate oven (300° to 325° F.) for about 1 hour.

## Chocolate-coated Candied Apples

3 tart, firm apples	$\frac{1}{2}$ cup water
1 cup sugar	$\frac{1}{4}$ teaspoon salt
1 cup honey	Chocolate for dipping

Boil together the sugar, honey, water, and salt for a few minutes. Wash, core, and pare the apples, cut into half-moon shaped pieces about half an inch thick, drop into the sirup, and cook rapidly until the apples are transparent and practically all the sirup is absorbed. Lift onto waxed paper to dry. Break up cake chocolate made especially for dipping candies, and put into a shallow dish over hot water. As soon as the chocolate begins to soften, remove from the hot water, and stir the chocolate with the fingers until it is all melted. Dip the pieces of apple into the melted chocolate until well coated, and place on waxed paper to dry. Pack the apple candies in layers between sheets of waxed paper.



# APPLES in desserts

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## Apple Float

2 cups thick applesauce, sweetened

4 egg whites

To the cold applesauce add a little salt, and 2 or 3 teaspoons of lemon juice. Beat the egg whites very stiff, and fold the applesauce into them. Sprinkle a little nutmeg or cinnamon on top, or add a spoonful of whipped cream to each serving.

## Apple Brown Betty

2 quarts diced tart apples

1 $\frac{1}{4}$  cups sugar

1 quart bread crumbs (oven  
toasted until crisp and  
light brown)

1 teaspoon cinnamon

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  cup melted butter

In a greased baking dish place alternate layers of crumbs, and of apples. Sprinkle sugar, cinnamon, and salt over the apples. Pour the melted butter over the top layer of crumbs, cover, and bake for 30 to 45 minutes, or until the apples are soft. Toward the last remove the cover and allow the top to brown. Serve hot, with plain or whipped cream, or hard sauce.

## Apple Tapioca

3 pints sliced tart apples

$\frac{1}{2}$  teaspoon cinnamon

$\frac{1}{2}$  cup quick-cooking tapioca

$\frac{1}{2}$  teaspoon salt

2 cups boiling water

Juice of 1 lemon

$\frac{1}{2}$  cup sugar

Add the boiling water to the tapioca and cook in a double boiler for 15 minutes, or until the tapioca is clear. Add the sugar, cinnamon, salt, and lemon juice. Arrange the apples in a greased, shallow baking dish and pour the tapioca mixture over them. Bake in a moderate oven until the apples are tender and the top is lightly browned. Serve hot or cold with plain or whipped cream.

## Apple Fritters

3 medium-sized tart apples

$\frac{2}{3}$  cup milk

1 cup sifted flour

1 egg, well beaten

2 teaspoons baking powder

Fat for frying

$\frac{1}{4}$  teaspoon salt

Powdered sugar

Pare, core, and cut the apples in crosswise slices about one-quarter inch thick. Sift the dry ingredients. Add the milk to the well-beaten egg, then pour slowly into the dry mixture, and stir until smooth. Heat well-flavored fat to about 375° F., or until an inch cube of bread will brown in 1 minute. Dip the apple rings into the batter, drain, and put slowly into the hot fat without spattering. Cook from 3 to 5 minutes or until the apples are tender and the fritter a golden brown. Drain on absorbent paper, sprinkle with powdered sugar and cinnamon and serve hot.

